



BONHOMME RICHARD'S ALMANAC

Vol. 2, No. 91

May 28, 2000

"I have not yet begun to fight!"



STOREKEEPER PROUD OF ASIAN HERITAGE

By JO1 (SW) Robert W. Garnand

Congress has designated May as Asian/Pacific American Heritage Month. This year's theme is "Voices for the Millennium." The voices of Asian/Pacific Americans contain the courage and energy of today's Asian/Pacific Americans which makes them an integral voice of our one America.

One Asian/Pacific American whose voice represents courage and energy is Storekeeper 2nd class Soutsakhone Vongkoth. She works in Supply Department on board the San Diego-based multipurpose amphibious assault ship USS BONHOMME RICHARD (LHD 6).

Vongkoth said, "I was born

October 26, 1975 to Bouangeune and Dom in Vientiane, the capital city of Laos. That was the year communists overthrew my kingdom."

"My mother, originally from Udon Ratchathani, Thailand, migrated to Laos at the age of 14," she said. "I am the second oldest of four children.

"In 1979, when I was four, my mother fled Laos in the middle of the night with me and my baby sister. We fled in a canoe across the Mekong River to escape communist oppression. As we were crossing to Thailand," Vongkoth said, "Vietcong soldiers shot at us with rifles and pistols. Blessedly, we managed to escape without injury.

"There were two other families with us," she added, "but I can't remember who else escaped with us.

"The people that helped us took us to Nongkhai Refugee Camp where we stayed until October 1980. The one memory that I have was during a fire in the camp," she said. "Apparently a bunch of kids were playing with matches and accidentally set fire to the fiberglass roof of a shack. I was playing around the neighborhood when the fire went astray. I was so afraid. I heard screaming and yelling all about me. Other kids, besides myself, were

See **STOREKEEPER PROUD** Page 4



SK2 Soutsakhone Vongkoth, of Supply Department's Stock Control Division, provides a customer with information over the phone. (Photo by JO3 Laura C. Wiggins.)

MERRILL LYNCH CHANGES MANAGEMENT TEAM

By Patrick McGeehan

Three months after taking over Merrill Lynch & Co.'s brokerage operations, E. Stanley O'Neal has shaken up its management team. O'Neal, the first person not a stockbroker to run the nation's largest brokerage network, has named another non-broker, James Gorman, to be the No. 2 executive, people inside the firm said. He also moved a few executives out of top jobs and promoted several others.

The changes were anxiously anticipated by Merrill's 14,200 brokers, who knew little about O'Neal when he was promoted from chief financial officer to succeed John L. Steffens, the longtime head of the firm's brokerage business, in February. So far, the biggest surprise is the luring of Gorman, a former consultant with McKinsey & Co., who has been Merrill's chief marketing officer.

Gorman, said a person who knows him, essentially will serve as the chief operating officer of the bro-

kerage operations and would be next in line for O'Neal's job. O'Neal, 48, is widely viewed within the firm as most likely to succeed David H. Komansky as Merrill's chief executive. If that happens soon, O'Neal could be the first African-American chief executive of a major Wall Street firm.

STOCK MARKET

The Dow Jones industrial average had its biggest loss in three weeks. The Dow dropped 211.43 points, or 2 percent, to 10,323.92. The Nasdaq composite index dropped 65.26 points, or 2 percent, to 3,205.35. The Standard & Poor's 500-stock index sank 17.53 points, or 1.3 percent, to 1,381.52.

BONHOMME RICHARD'S ALMANAC

Capt. Robert J. Connelly, Commanding Officer

Lt. Cmdr. Laurie Rye, Public Affairs Officer

JOC (SW/AW) Stephen K. Robinson, Asst. Public Affairs Officer

JO1(SW) Robert W. Garnand, Editor

JO3 Laura C. Wiggins, Staff Writer

Lt1 Jimmie Claspell, Print Shop

This newspaper is an authorized publication for members of the military services stationed at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

SUNDAY'S SITE TV SCHEDULE

CHANNEL 2

1030 WHEEL OF FORTUNE
1100 2001: SPACE ODYSSEY
1630 CRIMSON LIGHTS
1800 THE PRACTICE
1900 XO MANIA
2000 PUSHING TIN
2200 GHOST

CHANNEL 6

1030 MOESHA
1100 BLAST FROM THE PAST
1630 MEET THE DEEDLES
1800 JEOPARDY
1900 XO MANIA
2000 THE END OF THE AFFAIR
2200 FIELD OF DREAMS

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

N A T I O N A L / I N T E R N A T I O N A L N E W S

AT&T CLEARS STEP IN CABLE BID

By Stephen Labaton

The Justice Department approved AT&T's proposed acquisition of the MediaOne Group, giving the telephone giant control over more than a third of the nation's cable network for television, high-speed Internet access and online telephone service.

The decision, which requires the companies to sell their interests in Road Runner, the nation's second-largest cable Internet service, clears a significant regulatory hurdle. The companies now await a decision, expected soon, by the Federal Communications Commission. The staff of the commission has raised concerns about the companies having too much control over both cable systems and programming.

Federal regulations prohibit a company from owning more than 30 percent of the nation's cable systems and by some estimates, AT&T would control more than 40 percent once it completed its purchase of MediaOne.

The decision by the Justice Department continues the Clinton administration's policy of putting relatively few obstacles in the way of the consolidation of the telecommunications market after it was deregulated in 1996.

The proposed merger of AT&T and MediaOne was valued at \$58 billion when it was announced a year ago. As its market share in the long-distance telephone business has begun to erode, AT&T has embarked on acquisitions to transform itself into a company that will be able to offer consumers a basket of services: television; the Internet; and local, long-distance and wireless telephone access.

ERITREAN FORCES WITHDRAW

By New York Times

Eritrean troops abruptly pulled back from Zalembessa, a key town still in dispute with Ethiopia, in what may be a decisive step toward the end of a war that has claimed thousands of lives. Eritrea, which has suffered major defeats since Ethiopia opened an offensive on May 12, said it had withdrawn to comply with a plea from the Organization of African Unity to end the war.

BARAK PROPOSES PEACE TALKS

By New York Times

Offering an olive branch to Lebanon a day after withdrawing troops from its soil, Prime Minister Ehud Barak of Israel traveled to this northern border town and appealed to the Lebanese president, Emile Lahoud, to begin peace talks. Barak addressed the Israeli Parliament at its first plenary session held outside Jerusalem, convened in support of communities on Israel's frontier.

RAFSANJANI LEAVES PARLIAMENT

By Associated Press

Former President Hashemi Rafsanjani resigned from the new Parliament, depriving hardliners of a leading figure in the power struggle between conservatives and reformists.

HIJACKER JUMPS FROM PLANE

By Associated Press

A man tried to hijack a Philippine Airlines jet carrying 291 people, then robbed everyone on board and jumped out of the plane wearing a parachute. Emmanuel Generoso, a pilot, said, "He had family problems, he needed the money." The plane was depressurized to permit the hijacker to jump with a homemade parachute while it circled 28 miles from Manila.

STOREKEEPER PROUD From Page 1

looking for their parents. Thankfully, an old lady took me along with her and we headed toward the mountains where everyone was, including my mother and my baby sister. From that point on, all memories of being in the refugee camp are very vague."

Vongkoth said, "From the refugee camp we were sponsored and taken to San Francisco October 15, 1980. Since then, I lived in San Francisco until 1995. That was the year I enlisted in the Navy in hopes to see the world, get an education and to change my lifestyle.

"I went to boot camp in the cold winter months of December at Great Lakes, Ill," she said. "After graduating from boot camp, I went to Meridian, Miss. for Storekeeper "A" school.

"Upon completion of "A" school, I was assigned to Great Lakes for my first command. Within that two-year period, I learned the definition of being a leader to thousands and thousands of recruits," Vongkoth said.

"Once leaving there, I came to Pre-Commissioning Detachment BONHOMME RICHARD in San Diego where I went to several schools that we were all required to go to."

Vongkoth added, "I came on board unknowing of what the real fleet was, but I acquired so much knowledge I never knew I could have, nor the motivation, and the value of teamwork within the past two years of being at this command."

She went on to say, "My job as a Storekeeper and Financial Assistant is to assist our Financial Storekeeper in budget-

ing over \$11 million per quarter which is demanding, but it keeps me on my toes and ahead of the game.

"I enjoy what I do," she said. "It gives me a sense of value, self worth, dedication and sacrifice. Sure there are ups and downs to the Navy like in the civilian world, but at the same time there's so much room to excel.

"For the person that I am today," Vongkoth stated, "if it wouldn't have been for my cultural background, I would not have a foundation to base my beliefs or my actions on.

"I feel so strongly on hanging on to my culture for it is a part of my past," she said. "Without a past, there's no future to grow into something grander or wiser. I am raised to respect my elders and 'kowitz' to them as I respect those above me in the Navy."

As for Vongkoth's future plans she said, "I have three months left and will be separating from the Navy to join a stock brokerage firm and will also be pursuing my bachelor's in Business Finance full time. Above all else," she added, "I can now devote my time to being a full time single parent to my three year old daughter."

As she prepares to leave the Navy, Vongkoth will face her future with the courage and energy of today's Asian/Pacific Americans who make up an integral voice of our 'one America.'

SPORTS

AVALANCHE AVOID ELIMINATION

By Associated Press

Chris Drury scored on a deflection with 3:51 left in the third period as the Colorado Avalanche staved off elimination by beating the Dallas Stars 2-1 on Thursday night.

Colorado's victory tied the best-of-seven Western Conference finals at 3-3, with a decisive Game 7 set for Saturday night in Dallas. Ray Bourque assisted on Drury's goal and scored Colorado's other goal. Bourque's goal early in the second period put the Avalanche ahead 1-0, but Brett Hull tied the score with a power-play goal later in the period.

The Avalanche broke the tie when Bourque took a long shot from along the left boards that sailed toward the net. Drury, stationed in the slot, redirected it with his stick past goalie Ed Belfour. Patrick Roy had 26 saves, extending his NHL record for career play-off victories to 121. Belfour made 19 saves.

EWING INJURED, KNICKS GO DOWN

By Selena Roberts

The time and place were familiar when the Pacers ran back to the other end of the court, and Patrick Ewing stopped still in front of his own bench six minutes into Game 2 of the Eastern Conference finals.

One year ago, Ewing was on the Pacers' floor when he partially tore his Achilles' tendon but played through Game 2 only to miss the rest of the playoffs. This time, he couldn't make it any longer. With his playoff future uncertain, Ewing limped away from Game 2 after he sprained the peroneal tendon in his right foot.

In his absence, there was the same desperate atmosphere the Knicks' thrived in last year, but their supply of pixie dust ran out when a struggling Latrell Sprewell missed

a turnaround jumper to tie the game with 5.8 seconds remaining.

After a 3 for 14 night, Sprewell hammered the ball in the ground after their very last chance slipped away, too. Dale Davis missed two free throws but grabbed his own rebound, his 16th of the night, and passed the ball to Jalen Rose who dunked at the buzzer to give the Pacers a 88-84 win in Game 2. The loss left the Knicks down two games to none in this best-four-of-seven series. Game 3 is Saturday at Madison Square Garden.

CUBS WIN AS SOSA HOMERS TWICE

By Associated Press

Sammy Sosa hit two home runs, ending an 11-game drought and leading the Chicago Cubs to a come-from-behind 6-5 victory over the Colorado Rockies. Sosa hit a solo shot in the seventh for his 350th career home run. He put the Cubs ahead with a two-run homer, his 15th, in the eighth.

Other NL scores:

St. Louis 7	Florida 6
Atlanta 7	Milwaukee 3
San Francisco 4	Montreal 1

YANKEES SHUT OUT WHITE SOX

By Associated Press

Ramiro Mendoza pitched a four-hitter and Ricky Ledee drove in three runs as the New York Yankees beat the Chicago White Sox 7-0.

Other AL scores:

Anaheim 3	Minnesota 1
Cleveland 4	Detroit 1
Baltimore 5	Seattle 1
Toronto 11	Boston 6
Oakland 6	Tampa Bay 3

HYPERTENSION INFORMATION FROM HEALTH DEPARTMENT

What is Hypertension?

When some people hear the word "hypertension," they think it means being hyperactive or that someone is very, very tense. That's not the case at all. In fact, hypertension is just the medical term for high blood pressure. If your blood pressure is consistently 140/90 or greater, your healthcare professional will tell you that you have high blood pressure, or hypertension. If you have diabetes or certain heart or kidney conditions, you might be diagnosed with hypertension even at lower blood pressure numbers.

What do the numbers mean?

The top, or first, number of your blood pressure is called your systolic blood pressure. This is the pressure of your blood in your vessels while your heart is pumping. To be considered normal, your systolic blood pressure should be below 140.

The second, or bottom, number of your blood pressure is called your diastolic blood pressure. This is the pressure of your blood in your vessels when your heart is resting in between beats. Your diastolic blood pressure should be below 90.

Why does high blood pressure need to be treated?

Everybody wants to be healthy, but sometimes we have to work a little harder at it. The goal of treating your high blood pressure is to lower your blood pressure into the normal range. Treatment will cut down on your risk of developing cardiovascular disease including heart disease, heart attack and stroke. The higher your blood pressure, the greater your chance of developing cardiovascular disease.

If I have high blood pressure, how is it detected?

To find out if you have high blood pressure, your healthcare professional will need to measure your blood pressure. To do this, you will be seated comfortably and then a blood pressure cuff will be wrapped around your upper arm. Your healthcare professional will then pump up the cuff. It will feel tight, but it shouldn't be painful. The pressure of the inflated cuff temporarily squeezes shut an artery in your arm. Don't worry. It doesn't hurt, but you will feel a little pressure. Then your healthcare professional will use a stethoscope to listen over the artery in your arm as he or she slowly lets

the air out of the cuff.

At first your healthcare professional will not be able to hear anything, but when the cuff is deflated enough to allow the artery to reopen, he or she will be able to hear the blood start pumping through the artery. The pressure on the dial of the blood pressure cuff at this time is your systolic blood pressure (the top number of your blood pressure reading). Your systolic pressure is the pressure of blood in your arteries when your heart contracts.

Your healthcare professional will continue listening. When he or she can no longer hear any sounds, the blood pressure dial will be checked again. The pressure on the dial at this time is your diastolic blood pressure (the bottom number of your blood pressure reading). Your diastolic blood pressure is the pressure of blood in your arteries when your heart is relaxing, between beats.

To get an accurate reading, you should not smoke, eat or drink anything with caffeine in it for at least 30 minutes before having your blood pressure taken. Also, make sure you have been resting and relaxed for at least five minutes before the blood pressure test.

If your blood pressure is 140/90 or greater when your healthcare professional measures it, you might have hypertension. Your healthcare professional will want to measure your blood pressure more than once, however, before deciding whether or not you have high blood pressure.

If your blood pressure is less than 130/85, it's normal and you do not have high blood pressure. You should, however, have your blood pressure checked at least once every one to two years.

If your blood pressure is higher than 130/85, but less than 140/90, you are considered to have high-normal blood pressure. This means that your blood pressure is still in the normal range, but that it's getting close to being high. You should have your blood pressure checked at least once a year. You might also want to consider changing parts of your lifestyle, such as increasing the amount of exercise you get, and cutting out high fat foods, to do all that you can to help prevent high blood pressure.

For people with high-normal blood pressure, an ounce of prevention now, goes a long way in the future.